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The Creation Health Breakthrough: 8 Essentials to Revolutionize Your Health Physically, Mentally, and Spiritually

Monica Reed, Donna K. Wallace

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Blending science and lifestyle recommendations, Dr. Reed prescribes eight essentials that will help reverse harmful health habits and prevent disease. Discover how intentional choices, rest, environment, activity, trust, relationships, outlook, and nutrition can put a person on the road to wellness. Features a three-day total body rejuvenation therapy and four-phase life transformation plan.

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